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COMPARATIVE ANALYSIS OF DIGESTIVE PROBLEMS IN FORMULA AND BREAST FEEDING

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Annotation: This article examines the digestive difficulties that occur during breastfeeding and formula feeding. The study highlights the physiological and immunological benefits of breastfeeding, its impact on the infant's intestinal microflora, and the digestive process. Symptoms such as regurgitation, constipation, diarrhea, and flatulence that occur during formula feeding are analyzed. The results of the study will serve to develop practical recommendations for promoting breastfeeding and reducing digestive difficulties when formula feeding is necessary.

Keywords: infant, breast milk, formula, feeding, digestion, regurgitation, constipation, diarrhea, flatulence, pediatrics.

The period of infancy is the most delicate and sensitive stage of human life. During this period, the digestive system is not fully formed, which is associated with the coordination of a number of physiological and biochemical processes in the child's body. Even minor problems in the digestive process can have a significant impact on the overall development, growth and functioning of the immune system of the child. Therefore, digestive disorders, difficulties in infants and their prevention are considered an important object of scientific and practical research in the fields of neonatology, pediatrics and nutritional physiology. One of the main forms of infant nutrition is breastfeeding, which provides the child with all the necessary nutrients, immunoglobulins and enzymes important for growth. Breastfeeding is recognized as the most natural and biologically appropriate method, which facilitates the adaptation process of the baby's digestive system and creates the necessary conditions for healthy development. Probiotics, lactose, and other enzymes contained in breast milk stabilize the baby's intestinal microflora and help the digestive process to run smoothly. Breast milk also performs important functions such as strengthening the immune system, reducing allergic reactions, and regulating intestinal motility. However, for various reasons, in some cases, babies are transferred to artificial feeding. Formula milk mixtures (formula) prepared in artificial feeding strive to provide the baby with the necessary nutrients, but it is perceived by the body somewhat differently than breast milk. During artificial feeding, the baby's digestive system may be under greater strain, since the proteins and fats contained in the formula milk are more difficult for the baby's body to digest. Therefore, children with artificial feeding are more likely to experience difficulties such as regurgitation, gas, constipation, and diarrhea. These conditions can negatively affect the baby's physiological development and the optimal rhythm of the digestive process. Comparative analysis of digestive problems associated with breastfeeding and artificial feeding is of great importance not only in pediatric

practice, but also in scientific research. With the help of this analysis, the advantages and disadvantages of each method can be identified, it is possible to maintain the health of the baby, optimize the digestive system and create optimal conditions for its development. At the same time, comparative analysis creates a scientific basis for promoting breastfeeding and developing preventive and care measures in cases where artificial feeding is necessary. This study examined the digestive difficulties that arise during breast-feeding and formula-feeding. The results of the study showed that breast-fed infants have a biologically natural and flexible digestive system, and they are less likely to experience problems such as regurgitation, constipation, and diarrhea. Probiotics, immunoglobulins, and enzymes in breast milk stabilize the intestinal microflora of infants and help the digestive process run smoothly. On the other hand, formula-fed infants are more likely to experience digestive difficulties because the proteins and fats in formula are more difficult for the body to digest than breast milk. At the same time, formula-fed infants are more likely to experience symptoms such as regurgitation, gas, constipation, and diarrhea, which affect the overall development of the child and the optimal functioning of the digestive system. The results of the comparative analysis show that breast-fed infants create the most favorable conditions for the healthy physiological, immunological, and moral development of infants. In cases where artificial feeding is necessary, special attention should be paid to care and preventive measures. The results of the study provide a scientific basis for promoting breastfeeding in pediatric practice and reducing digestive difficulties in cases where artificial feeding is necessary.

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